# Masturbation of the masses

Ever since I recognized my addition to porn, masturbation and orgasm (referred as PMO in further text), I've begun to learn what the addiction truly is, as I've had to experience all resistance from what it is. With the intention of understanding the problem, I always wondered how newer generations are PMO addicts, incomparably more so than any previous generations.

I am certain that most male young adults and teenagers today regularly watch pornography and masturbate, on average every 1-3 days (to be generous). I know many peers that I was surrounded with, are addicted. And it's very easy to inductively assume how well-spread that has to be on a generational population.

The only people I can believe do not masturbate can be the ones that mastered their impulses and retrained their brain. Because I cannot comprehend the existence of possibility that someone was not able to access pornography at a young age anymore. Most of people of Gen Z and Gen Alpha were exposed to pornography between 7-13 years. This is for a fact. Males all continued the practice as it's unreasonable to expect person of that age to be critical and understand the consequences of what they are getting into. That would not be normally healthy for a person of that age.

99% of young males today of Gen Z living in urban places are addicted to PMO, it's only a question of whether they'll admit it or not.

However, anyone with any decent comprehension of human history, prehistory, biology, evolution, sociology, culturology (and I mean starting from very basic), would understand that regular masturbation would not fit as a general phenomena, for all the times of the past. Yes, there may be evidence that someone has done it, ever, but that by no means signifies that it was generally done, across all times. This is beyond discussion.

What’s more, the argument that most humans did not regularly practice masturbation, is not even necessary, for there being a single person that did not masturbate their whole life, but being admirable and accomplished person, gives you more than enough reason to see it’s possible and perhaps natural and desired.

Anyone who has realized that they are addicted to masturbation and tried to do something about it, has likely felt the unexpected inertia of the habit of masturbation. Whatever force you put on, (whatever the results be, for that matter), the “need” somehow appears consistently. With other addictions, it can be said that with certain efforts, the general proneness and dependency consequently reduces, which we could say are solidified and retained results of recovery (not to say they are immutable). That can be harder to say for PMO, as it seems as if the results of abstinence solely depend on “instantaneous rate of change”, not persisting as soon as you reduce the effort.

How come then people in the past, our grandparents and other ancestors, were most likely not addicted to masturbation? Something doesn’t match.

It’s because that, in fact, our early discovery of this act conditions us to be oblivious to the very nature of our sexual desires. We’ve learned to associate sexual urges with masturbation, making

us want to fight sexual urges, like fighting hunger or other inherently natural need. That's why no matter how much you've abstained the urges still come, and you still have to refrain. You haven't recovered from getting sexual urges inasmuch you wouldn't have recovered from getting hunger if you were trying to recover from getting hunger. The self-destructive element turning it into addiction is an act of masturbation, not existence of sexual urges. We learned to experience sexual urges as the need to masturbate, because the causal relation was learned to be always consistent. People that don't masturbate certainly experience sexual urges, they may have sex, even regular sex. But the occurrence of sexual urges is not likened to masturbation in their mind. But to most, occurrence of sexual urges serves as an impulse to masturbate, and that is not innate, but acquired. And you weren't allowed to access porn without a reason.

This is my implication that people in the past didn't have to resist something they're were not considering. How many times do we stop on red light, regardless of the traffic, yet no temptation is accumulated for us to "relapse" and go through red light, regardless of the traffic.

Sexual arousal is NOT a call for a masturbation. It's not meant to be. You are NOT the type of person that masturbates. Learn to separate sexual urges from lustful and self-destructive behaviour of masturbation, for they are not the same.

This explains why most of male population of newer generations has an addiction to masturbation whereas it was certainly not the case to such an extent in older generations, and it also explains why abstinence is perceived to be something without a lasting effect – due to a misconception living rent-free, because it's something we adopted in our formative years, and as such rarely questioned and examined.